

People as well as ships



need a haven for repair

the DRY DOCK

Vol. 57 No. 5

SAN DIEGO, CALIF.

Friday, February 4, 1994

Former staff member honored posthumously

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American Red Cross lauds 82 volunteers

Naval Medical Center San Diego's Director of Medical Services, Capt. Thomas Burkhard, joined Commander Naval Base San Diego, Rear Adm. Francis Holian at the Armed Services YMCA annual meeting last week to express gratitude and honor some 82 volunteers.

More than 200 guests attended the ceremony in which Burkhard spoke of the dedication of the volunteers who devote time to the Naval Medical Center.

According to Cherri Barnswell, volunteer coordinator, there are more ASYMCA volunteers at the medical center than at any other organization in the county.

"These volunteers support programs such as Healing Hearts and Birth and Beyond Years, Volunteers in Pediatrics, Therapy Dogs, patient visitation and the annual Neonatal Intensive Care Unit Reunion," Barnswell said.

Of the 82 volunteers honored, four were recognized personally. YN2 Robert Alan Wright was honored for contributing more than 1,000 hours at Naval Medical Center where he volunteers as an instructor for leisure education workshops and as a swim partner in the Adaptive Aquatic Aid Program for children with disabilities.

The Armed Services YMCA program focuses on young military members and their families and has been providing services in San Diego since 1924.

BRIEFING

Major repairs are planned for Naval Medical Center parking lots A and B Feb. 12-13. Parking lots will be closed Saturday from 12:01 a.m. to Sunday 8 p.m.

The parking lots will be resurfaced and restriped during this time and no parking will be allowed. Any car left in a closed lot will be towed at the owner's expense. For additional information call 532-8500.

Free tax help by Volunteer Income Tax Assistants will be available beginning Feb. 1 until April 12, at the downtown Armed Services YMCA, 500 West Broadway.

VITA hours will be every Monday and Tuesday from 6 to 9 p.m. and Saturday from 10 a.m. to 2 p.m. on a first-come, first-serve basis in the Program Lounge. For additional information call 232-1133, ext. 206. Please see Briefing, page 4

Fleet Hospital Six staff returns from field training exercise, speaks of teamwork, dedication



Photo by HM1 Ronald "E" Wright

(Above) Local KUSI-TV 9 reporter Kevin Kelly interviews Naval Medical Center Deputy Commander and the commanding officer of Fleet Hospital 6, Capt. James Johnson, and Deputy Surgeon General of the Navy Rear Adm. Richard Ridenour who flew to Camp Pendleton from Washington D.C. to observe the 10-day exercise. (Below) Cmdr. Nancy Owen, Fleet Hospital 6 director of Nursing Services, dishes up eggs during a breakfast in which the command staff served the troops at the end of their rigorous 10-day training schedule.



By H. Sam Samuelson

They're back — somewhat weatherworn, perhaps a little tired, but Naval Medical Center San Diego staff who attended the 10-day fleet hospital training exercise last week say they couldn't be more exhilarated after the field work which included erecting a fleet hospital in six hours.

"It isn't something I'll easily forget," said SK3 Ruben Gonzalez of the Naval Dental Center. "It was hot, then it was cold, then it drizzled. It was great."

Gonzalez joined more than 400 Navy men and women from up and down the coast of California — 160 from Naval Medical Center San Diego — who pulled together to form Fleet Hospital Six in preparation of their pending deployment to Zagreb, Croatia early next month.

The teams will deploy in support of United Nations peacekeeping forces in that battle-torn region.

Personnel scheduled to go, and others who will remain stateside in a 72 to 96 hour standby status. Please see Training, page 6

Pharmacy staff works to meet growing demand

By H. Sam Samuelson

Captain Keith Agent Probably secretly wishes he had a nickel for every prescription he's filled at the Naval Medical Center. If he could have charged a nickel a prescription last year, it would make his department \$63,000 richer today.

And how would he spend that windfall?

Don't jump to any conclusions about the Cayman Islands. He'd probably hire more pharmacy technicians and buy a couple of extra phone lines. He'd certainly try to improve service at the busiest military pharmacy in Southern California.

Agent is the chairman of the medical center's pharmacy and since he's not authorized to charge anyone a nickel for the 3,500 prescriptions his staff fills every day, he has to rely on other methods instead.

"The fact is, last year, demand for prescriptions increased 27 percent," Agent said, "but our department suffered a 15 percent loss in staff."

That translates immediately to longer waiting times.

"We're fortunate because most of the people we serve understand this. They're very understanding of our 'shrinking pains'" Agent said.

One of the reasons for the loss of pharmacy personnel is the drawdown of the military. Agent said the drawdown accelerates the loss of personnel. But there is no mechanism to replace them.

"Fortunately, the Naval Medical Center has been very proactive in lobbying the Bureau of Naval Personnel in making our staffing here a priority," Agent said. "Plus the command has promised us 11 corpsmen to help fill the gap."

Agent said phone lines will also be increased. The pharmacy is currently served with 12 lines (connected to three telephone numbers.) Plans are underway to almost double that. In fact, Agent hopes there will be four new lines very soon.

"I know there's nothing more frustrating than getting a busy signal when you're calling to refill a prescription," he said.

Patients who have noticed the increase in waiting times, may not be aware that the medical center has recently installed a new, state-of-the-art computer system, the Composite Health Care System, which will tie clinics, ancillary services and the pharmacy together. With the new system, physicians will input prescriptions

Please see Pharmacy, page 5

THIS WEEK IN FOCUS

Secretary of the Navy speaks out on ethics, tells sailors it guides profession

In a speech before the Joint Services Conference on professional ethics at the National Defense University, Washington D.C., Secretary of the Navy John H. Dalton spoke of "character" and how he views the ethics of moral behavior as one of the cornerstones of military leadership.

"The question of military character and ethics is not an abstract topic for discussion. It is a readiness issue. It is a readiness issue because without ethical leadership in our armed forces, there can be no trust by subordinates in the orders of their superiors," Secretary

Dalton said. "There can be none of the special esprit or bonding that we consider essential to the teamwork required for combat. And there would be little confidence by the American people in the rightness of our actions. Without trust and confidence, there cannot be an effective military for America."

Secretary Dalton went on to say that he viewed the ideals of ethical behavior as one of the foundations of military leadership. "The trust required for effective leadership requires a standard of behavior and the development of personal

character that are in some aspects unique, but, ultimately, in keeping with the highest moral code of society. Not the average — not the common denominator — but the highest."

The Secretary explained that he is currently working with the military and civilian leadership of the Navy and Marine Corps to reemphasize our core values and concepts of moral behavior within their leadership training programs. "This training will be career-wide and service-wide. In my view, it is not something new at all — it is a return to a traditional goal. It is a significant part of maintaining our readiness," he said.

"We have history and tradition and military doctrine that affirm the values of personal integrity and sacrifice in service to others. We now have to use the system that we have in order to build the trust and to ensure the honesty that we need to make those values real and relevant at all levels in the organization."

Secretary Dalton stressed that "no family works well if its members can't tell one another the truth. And no one will be ready for the dilemmas of life if they haven't built the character to do that."

Planning guide available now

The chief of Naval Education and Training announced the "1994 Navy Leader Planning Guide" is available now. The guide is a calendar annotated with information about advancement exam schedules, FitRep due dates and milestones, as well as other important facts that every junior officer and senior enlisted needs to know.

A new development in the NLPG this year is an additional "pocket sized" version containing all the same information as the NLPG — the "Navy Leader Daily Planner." The daily planner will be distributed automatically with the NLPG to all commands on the Standard Navy Distribution List. There will be enough guides and daily planners provided for all O-1s, O-2s and O-3s permanently attached to a command to receive one of each. A daily planner and guide will also be provided for each permanently attached E-6s through E-9s. Additionally, the commanding officer in charge and executive officer/assistant officer in charge will receive a complementary copy of the daily planner.

Sailors who do not meet the criteria for automatic distribution can buy the Navy Leader Planning Guide and/or the Navy Leader Daily Planner from:

Navy Aviation Supply Office
NavPubForm
Philadelphia, PA 19120-5099

Price and other requisition information is available by telephone. Contact the Cash Sales Department at DSN 442-3217 or 442-4374; or call commercial (215) 697-3217 or 697-4374.

Courtesy of Chief of Naval Education and Training, Pensacola, Fla.

PERSPECTIVE

The 1994 theme for the observance of Black History Month is "Empowering Afro-American Organizations: Present and Future."

Black History Month provides an opportunity for all Americans to reflect not only upon the many contributions civil rights organizations have made in the struggle for equal rights and justice in the country, but also the many contributions African-Americans have made to the development and evolution of our country.

The National Association for the Advancement of Colored People, the oldest civil rights organization, still leads in the struggle against discrimination and racism. Its efforts are concentrated in the areas of housing, education, self-help, equal employment opportunity and the political empowerment of minorities. Other civil rights organizations such as the National Urban League, the Congress of Racial Equality and the Southern Christian Leadership Conference, to name a few, are equally active in the struggle to bring about equality for all people.

These organizations seek to promote equal opportunity for all Americans by increasing cultural awareness and respect for the dignity of all people. We proudly salute the efforts of these organizations and encourage all Marines to join in support of the goal of equal opportunity and equal treatment for all.

Gen. Carl E. Mundy
Commandant of the Marine Corps



the **DRY DOCK**

NAVAL MEDICAL CENTER SAN DIEGO

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The DRY DOCK is published weekly and distributed free of charge for the benefit of military and civilian personnel of the Naval Medical Center San Diego. It is printed at no cost to the government by the Coronado Journal, 1224 10th St., Coronado, Calif. 92118, a private company in no way connected with the Department of Defense. Opinions expressed by the publishers and writers herein are not official expressions of the Department of Defense. Appearance of advertising does not constitute an endorsement by the Department of the Navy of the firms, products or services advertised. Everything advertised in this publication must be made available for purchase, use or patronage without regard to the race, creed, color, national origin or sex of the purchaser, user or patron. A confirmed violation or rejection of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source.

News Submissions

The editorial content is edited, prepared and provided by the Naval Medical Center Public Affairs staff. Material intended for publication in the DRY DOCK may be submitted by mail addressed to Editor, DRY DOCK, Naval Medical Center, San Diego, CA 92134-5000; by phoning 532-9057 or by visiting the office in Bldg. 1. Deadline for typed story copy or photographs is 4 p.m. Monday, the week of publication.

Classified Ads

Classified ads of 20 words or less are available free on a space-available basis to military and civilian employees, providing the ad does not reflect a business venture. Free classified ads must be submitted to the DRY DOCK office by 4 p.m. Monday. Ads are accepted only by mail or delivery; ads cannot be accepted over the telephone.

NAVAL MEDICAL CENTER SAN DIEGO READERS REPLY

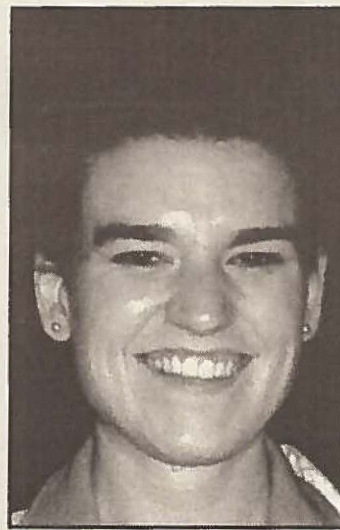
Question:

How do you prepare for deployment?



Lt.j.g. Terry Anderson, Surgical Nursing

"I've been deployed so what I did was gather the information I needed to put everything in order, make a will, make arrangements to get bills paid and make appropriate phone calls to my loved ones."



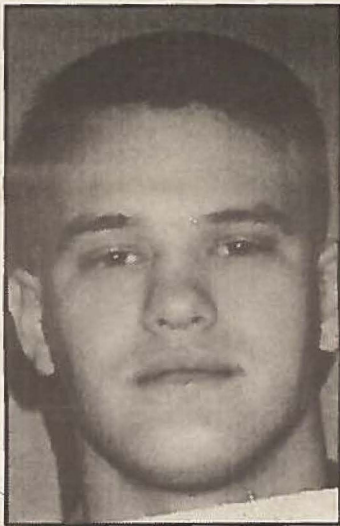
Lt.j.g. Jill Valiant, Same Day Surgery

"Power of attorney and make sure I have my will together. Go out and have a big Mexican dinner with my husband. I'd raid my husband's seabag for supplies since he is a Marine. Call my loved ones."



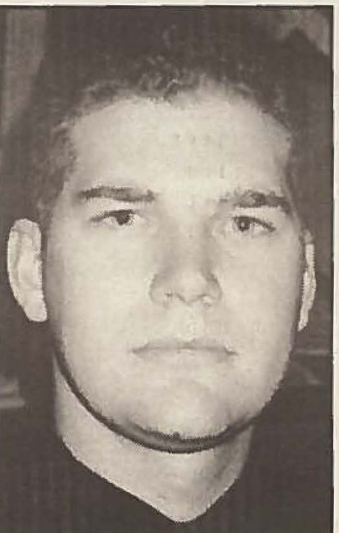
HN Steven Bradsher, Same Day Surgery

"First of all, take care of finances. Arrange for bills to be taken care of, make a will then get special training required for the deployment. Get needed shots or vaccinations. Next take care of my wife by making an allotment to her."



Lance Cpl. Greg Rich, Marine Corps Liaison

"Legal and financial responsibilities are, in my opinion, the two most important aspects in preparing for deployment. Powers of attorneys and direct deposit accounts for paying bills reduce the possibility of mishaps while deployed overseas."



HM3 Charles Gettle, Same Day Surgery

"Put all my personal belongings in storage a week ahead of time and move from my apartment and into the barracks. Get my international drivers license, passport, power of attorney, etc."



Lt. Mary Ellen Hendricks, Same Day Surgery

"Double my life insurance, ensure my finances are squared away and go shopping with Lt.j.g. Valiant before I go. I also have to get a sitter for my cat, Smokey, and say goodbye to my loved ones."

Obstetrics in old Hawaii



By Cmdr. Ken Ockermann

Editor's Note: Following is the second in a feature series characterizing the role of kahunas of Hawaii. The author points out that his essay is specific in that it reveals some of the details of medicine practiced by the medical kahunas or, more specifically, those devoted to obstetrics (kahuna ho'ohapai keiki, obstetricians; and kahuna ho'ohanua keiki, midwives).

The author states: "Actually, there were many kahunas, both good and evil." His essay continues:

During the last month of pregnancy, numerous other herbs and exercises were prescribed by the kahuna. Ilima blossoms, small shrubs bearing tiny yellow or orange flowers often used in Hawaiian leis, were eaten for their mild cathartic quality. Also, the mother's abdomen and thighs were rubbed with kukui nut oil to prevent drying and cracking of the skin.

Additionally, she strengthened her abdominal muscles by performing gentle lateral movements while bathing, supposedly loosening the baby so that it would not "stick" at birth.

Furthermore, leis and stitch tapa were not worn around the neck and women did not work with cords for fear that the umbilical cord would ultimately strangle the newborn infant.

Once labor pains began, the kahuna gave the expectant mother a bowl of tepid water mixed with slimy juice from young hau branch bark (tough wood used for canoe outriggers, cordage, caulking or ornaments) to serve as a lubricant to prevent pain during child birth. Another concoction made of morning glory leaves was drunk to hasten birth.

False labor pains were believed to be sympathetic pains for another pregnant woman in the neighborhood. Some kahunas would transfer excessive labor pains from the pregnant woman to some other person (often the husband — was that fair?), or to a passing stranger or animal via verbal or visual gestures.

The expectant mother was encouraged to walk back and forth at the beginning of labor. However, when the pain began to subside, she was told to rest. Please see *Kahuna*, page 4

Dental Department urges tooth care in youth sports

Today's young athlete can choose from a variety of sports safety equipment to protect life and limb. Helmets, knee pads, safety goggles, face masks and mouthguards help prevent serious injury on the playing field. Mouthguards, also called mouth protectors, are particularly important in protecting a teen's smile.

Dentists at Naval Medical Center San Diego recommend that anyone engaging in active sports wear a mouthguard. Some active sports include football, basketball, soccer, hockey, skateboarding and volleyball. There are many other sports that also have the potential

to seriously harm the head, face or mouth as a result of head-to-head contact, falls, tooth clenching or from impact with equipment. A well-constructed mouthguard used during any of these sports can help prevent injury to the mouth, teeth, lips, cheeks and tongue.

There are three types of mouthguards: 1) Ready-made or stock mouthguards; 2) Mouth-formed guards; 3) Custom-made mouthguards. The three types differ in comfort, fit and cost. The most effective mouthguards are resilient, tear-resistant, comfortable and thin enough for comfortable breathing.

Custom-made mouthguards, developed by the dentist, are shaped to closely fit a player's teeth. The custom-made device can provide all the qualities found in the ideal mouthguard. No matter which mouthguard is chosen, only the upper teeth should be covered for the following reasons:

- The upper teeth usually overlap and therefore protect the lower teeth
- The front teeth are the most frequently injured
- Covering the lower teeth may create additional bulk, diminishing comfort and fit while providing little extra protection.

Some special circumstances, such as a protruding jaw or the presence of orthodontic appliances (braces, for example) may require that the lower teeth also be covered. Your dentist can determine if such a condition might apply.

Dentists caution parents that orthodontic retainers should not be used when participating in contact sports. Individuals wearing orthodontic "braces" should wear a mouthguard that has been custom made by their dentist. Young athletes will find that wearing mouthguards during practice and while on the playing field makes good sporting sense.

Former staffer recognized posthumously



Photo by H. Sam Samuelson

Rear Adm. Richard Nelson presents to the family of HMC Quirino "Rick" Alvarez a shadow box honoring the former staff member of Branch Medical Clinic, Naval Amphibious Base, Coronado. On hand to accept the posthumous recognition were Alvarez's wife, Rose; children, Louis Jacinto, Kathryn Jacinto and twins Michael John and Michelle Jane.

Navy looking to put you to sea on ships

By JO3 Gilles Gilbert

The opportunity to return to the salt air, foreign ports, and to collect sea pay could be yours sooner than you think.

In order to correct sea-shore training imbalances resulting from decommissionings, reorganizations and personnel downsizing programs, the Bureau of Naval Personnel is making it easier to end shore-duty tours in the continental United States and volunteer for sea duty.

"We developed this idea last June," said Pacific Fleet Career Counselor NCCM (SW) Gary Rusk. "It allows the detailer more flexibility in manning ship billets. If it works out well, we could make it a permanent opportunity."

Rusk said that each rate will be dealt with differently and that sometimes a shore billet could wind up being gapped (a situation where the billet is left unfilled for a period of time).

"If you plan on returning to sea early, you should contact your detailer at least three months in advance so that all the paperwork and logistics can be completed," said Rusk.

"For sailors who want to travel or receive sea pay, this is the ideal opportunity to go back to sea," said Tom Russell, director of enlisted assignments at BUPERS.

According to Russell, each request will be considered on a case-by-case basis with the commanding officer's endorsement and billet availability among the

criteria considered during the approval process.

Command career counselors and detailers can provide more information for interested sailors.

Be safe, stay focused

By Robert Alan Wright

Next time you're riding a bike, driving or walking, remember that law enforcement officials remind us to be focused on what we are doing.

"A young man stationed at Naval Station San Diego would be

YMCA offers sailors tax help

Need help with your tax returns?

VITA tax assistance is available at the Armed Services YMCA, 500 West Broadway, in downtown San Diego February 1 through April 12, 1994. Hours for tax assistance will be every Monday from 6 p.m. to 9 p.m., every Thursday from 6 p.m. to 9 p.m., and every Saturday from 10 a.m. to 2 p.m.

Assistance is on a first-come, first-serve basis in the Program Lounge of the Y.

For further information please call the Y at 232-1133, ext. 206.

alive today if he had used his safety belt," said Officer Mark P. Gregg, public affairs officer with the San Diego area detachment of the California Highway Patrol.

"Bike safety can be related to driving. Kids riding their bikes are not always aware of what's going on around them. Children have to obey laws to be safe. They have to be aware of what's going around them on the road," adds Agent Paul Naumann, Traffic Division, El Cajon Police Dept.

"Bicycle safety and safety awareness is an educational process that involves both parents and kids," agreed Officer Gregg. "Fire and police agencies, bike rodeos and insurance agencies all provide information on bike safety," he said. "Many times, adults will change tires on the freeway and cross the freeway not realizing how close they are to other cars, because the speed of traffic is misjudged," Gregg said.

According to the American Red Cross, "a child is more likely to die as a passenger in a motor vehicle accident than from any other Please see *Safe*, page 4

Presentations at USIU campus focus on blacks

Facets of Blackness: A Celebration of Diversity is the theme for a full schedule of Black History Month events sponsored in February by the African/African American Student Union at United States International University.

The month's activities will include a tribute to the Buffalo Soldiers with an art exhibit in USIU's Walter Library from Feb. 6 to 12 and a reception and lecture on Feb. 10 from 4 to 7 p.m. in the library.

The African/African American Student Union will also host a historical tour of Julian focusing on black pioneers of the area. The cost is \$5 to participate in the trip which includes transportation. Transportation leaves USIU at 9 a.m. Feb. 13.

From Feb. 13 to 28 there will be an African art exhibit in Walter Library. A reception for the exhibit will be held Feb. 20 at a Jazz Coffee House featuring the Herb Martin Trio with Hollis Gentry in Green Hall from 2 to 5 p.m.

On Feb. 25 the month's activities will be brought into focus at a special cultural program titled Facets of Blackness: A Celebration of Diversity. The 8 p.m. program in USIU's McDonald Hall will include a fashion show, a student performance titled Poetry in Motion, and West African Stilt Walkers. Admission is \$5 for the general public.

A series of lectures are also planned during the month. On Feb. 3 Nation of Islam Minister Rahim Muhammad will speak on "A Torchlight for America" at 7 p.m. in Zable Hall. On Feb. 9 Conley Majors and Duane Bradford from the Pan African Association will speak on "Black Rage in the Middle Class" at 7 p.m. in Zable Hall. On Feb. 17 Duane Bradford of the Pan African Association will speak on "U.S. Foreign Policy and Its Effect on Black Nations" at 7 p.m. in Zable Hall.

West African Dance classes will be taught every Wednesday in February by Makida Anderson. Classes will meet at 7 p.m. in the Fine Arts Building. The fee for each 1½ hour class session is \$3 per person.

There will also be free films shown Tuesdays at 7 p.m. and Saturdays at 3 p.m. in Bldg. 20 throughout the month. The film schedule includes Feb. 1: Long Walk Home, Feb. 5: Daughters of the Dust, Feb. 8: A Dry White Season, Feb. 12: Burn, Feb. 15: Please see *Diversity*, page 5

Safe

Continued from page 3

cause of death. Vehicle accidents are the main cause of traumatic epilepsy, mental retardation and spinal cord injury in children."

"One out of every five fatal traffic accident victims in California is a pedestrian," explains the automobile club of Southern California. They recommend the following guidelines for pedestrians: Cross only at corners so drivers can see you. Always use a crosswalk when it is available. But remember, painted lines can't stop cars. Cross only on the new green

light so you have time to cross safely. Use the pushbutton when possible and cross with the "walk" sign only. Look all ways before crossing the street to see cars, pedestrians and bicyclists. When crossing, watch for cars turning left or right. Never cross the street from between parked cars. Drivers can't see you. Walk on the left side of the road, facing traffic, if sidewalks are not provided so you can see oncoming cars. Wear or carry something bright while walking at night to help drivers see you.

Kahuna

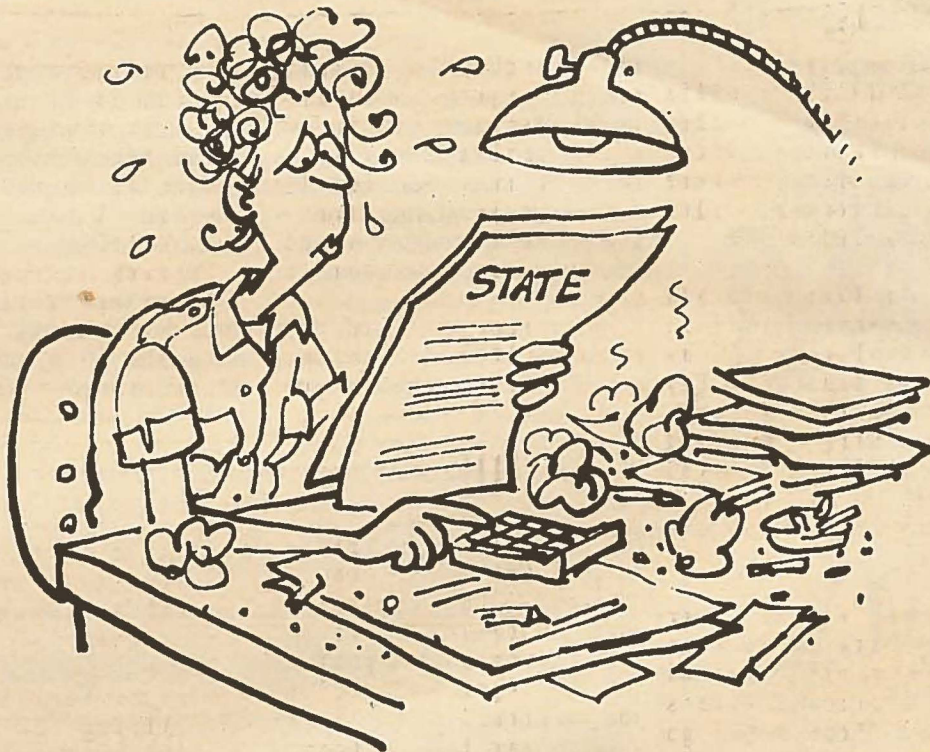
Continued from page 3

came intense, she would position herself in front of the kahuna, usually in a squatting or kneeling position, knees apart, with a helper (usually a relative) supporting her from behind. Her upper abdomen was massaged and gentle downward pressure was applied with the hands to the small of the back.

Finally, preparation for the ac-

tual birth involved a ceremony. To prepare for the birth, the family prayed, held conferences and rituals, and feasted to clear any objections or barriers to the birth. Importantly, whatever the parents of the child felt or did during the pregnancy would affect the baby, e.g., happy, hard-working parents would have a happy, industrious child.

Next week: The birth.



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Briefing

Continued from page 1

Junior Achievement is looking for volunteers to work as project business consultants in Junior High and Middle Schools throughout San Diego County.

Coordinating this activity with classroom teachers, volunteers will supplement the formal education of 7th, 8th, and 9th grade students by exposing them to the business community through a series of activities that make economics fun.

Major duties of volunteers are: to attend training to become familiar with program and materials, to meet with same class for one class period each week for 15 weeks, to relate class activities to real world experiences; to communicate effectively with students and teachers, to prepare and facilitate thought provoking discussions and activities following lesson

plans provided by Junior Achievement, and to donate yourself and your time to improve the economic education of the community's youth.

Qualifications include holding an undergraduate college degree or equivalent business experience, good communications skills, understanding of basic economic concepts and knowledge of the values, freedoms and responsibilities of our business system, enthusiasm and commitment to the program.

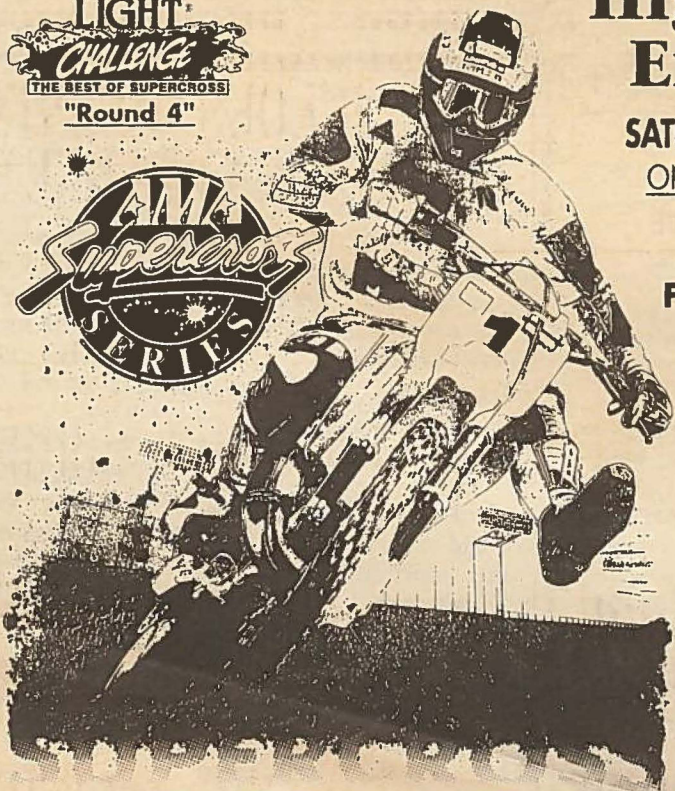
This is an opportunity for Navy and civilian personnel who are considering teaching as a new career when they leave government service since JA provides hands on experience in the classroom. Interested personnel should contact Geoff Wilson at 421-3020.

Naval Station Law Enforcement and Shore Patrol Personnel are trained to respond to all situations in a professional, calm and reasonable manner.

Their role is to both deter criminal activity and to ensure compliance with military regulations. In most cases this can be accomplished without the need to make an apprehension. While there may be some isolated incidents of a patrolmen overreacting, for the most part law enforcement and shore patrol personnel inform professionally under some tough conditions.

While not a significant problem, there appears to be a growing trend of individuals attempting to challenge the authority of station law enforcement or shore patrol personnel. This manifests itself in general uncooperativeness, verbal assault, spitting, belligerency and in some incidents violent resistance to efforts to control potentially dangerous situations. While alcohol is often involved, it is no excuse for blatant disrespect and disregard for proper authority.

Naval Medical Center San
Please see Briefing, page 5



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Briefing

Continued from page 4

Diego Oakleaf Club will hold its Valentines Bake Sale on Monday, Feb. 14 from 7 a.m. until sold out. Surprise that special someone with delicious homemade baked treats from the Oakleaf Club.

Earth Day Countywide 24th annual observance is April 24. This year's celebration will include the 5th annual Earth Day Fair and Parade. The volunteer introductory meeting is scheduled for Wednesday Feb. 23, 7 to 8:30 p.m. at the Casa de Oro Library. For additional information call 496-6666.

The Naval Medical Center San Diego Nurse Appreciation Committee is seeking material donations to be sold at Kobey's Swap Meet. Proceeds will go toward nurse appreciation week. Contact Debbie Vaden for small items at 532-8199 or Donna Bradley for large items at 532-6275. Deadline for donations is Feb. 15.

American Intercultural Student Exchange, Inc. is officially designated as an exchange visitor program by the U.S. Information Agency and is looking for host military families for foreign students visiting for the 1994-1995 school year. For additional information contact Annie Ring at 1-800-SIBLING.

Colin L. Powell Joint Warfighting Essay Contest sponsors at the U.S. Naval Institute are still seeking essays. They must be postmarked before April 1st. Essays should be about combat readiness in a joint context /m-/

Diversity

Continued from page 3

Menace to Society, Feb. 19: The Spook Who Sat By the Door, Feb. 22: Rolling Thunder, Hear My Cry, and Feb. 26: Reggae and Rasta Film Festival.

All the events will be held on USIU's campus in the Scripps Ranch area of San Diego at 10455 Pomerado Road.

For more information on USIU's Black History Month Celebration, call the Office of Student Activities at 693-4674.

persuasive discussions of tactics, strategy, weaponry, combat training or other issues involving two or more services. Entries may be heavy in uni-service detail but must have joint application in terms of force structure, doctrine, operations, or organization for combat.

Essays must be original, must not exceed 3,000 words, and must not have been previously published.

Pharmacy

Continued from page 1

at a terminal on their desks, removing that burden from the pharmacy. "But each beneficiary must be registered in the new system before a prescription can be filled," Agent explained, "and that takes time."

Agent said he is particularly

praised. An exact word count must appear on the title page. All entries should be mailed to Colin L. Powell Joint Warfighting Essay Contest, U.S. Naval Institute, 118 Maryland Avenue, Annapolis, Md. 21402-5035.

The motto must appear on the title page with the title in lieu of the author's name and by itself on the outside of an accompanying Please see Briefing, page 6

proud of his staff.

"They're magnificent. Every day they come to work smiling, and ready to get to work. They're a real inspiration."

And he added he's proud of the services they provide beneficiaries who still never have to pay a nickel for their prescriptions.

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Hors d'oeuvres
6-9 p.m. Dinner Buffet
7-10:30 p.m. Dancing

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Briefing

Continued from page 5
sealed envelope containing the name, address, telephone number, social security number and short biography of the essayist, the title of the essay and the motto. For additional information contact Bert Hubinger at (410) 268-6110.

Navy Lieutenant Diana Foster a Supply Officer commissioned in 1987, assigned to SEAL Team THREE Naval Amphibious Base, Coronado, has been selected as the 1993 Navy Female Athlete of the Year.

The U.S. Military Sports Association Board of Directors will honor Foster, a Naval Academy graduate, at a National Press Club ceremony in Washington, D.C.

Foster, an Illinois native, played on the Women's All Navy and Armed Forces Volleyball teams in 1991 and 1993. In 1993 she was co-captain of the Armed Forces Volleyball team, and was selected All American at the U.S. Volleyball Nationals.

Elections for the Junior Nurse Council will be held at the OOD's Desk Feb. 14-18.

Nominations for officials will be accepted Jan. 18 to Feb. 14 by the DNS secretary Irene Wilson at 532-6458 or Lt.j.g. Lisa Osborne at 532-9066.

For additional information call Lt.j.g. Lisa Osborne at 532-9066.

The Navy and Marine Corps Relief Society is seeking volunteers.

A non-profit charitable organization whose purpose is to assist Navy and Marine Corps personnel and their families, Navy and Marine Corps Relief provides educational loans, visiting nurse services, thrift shops, infant layettes, food lockers, budget counseling services and volunteer training programs.

Volunteers originally created the Navy-Marine Corps Relief Society and have been in the forefront of its development throughout the years.

Active duty, retirees, dependents, or civilians may contact George Thacker at 238-1060 to volunteer, register for one of the training classes or additional information.

The San Diego Medical Federal Credit Union will have a mobile branch office in the Naval Medical Center court yard every Monday and Wednesday from 8:30 to 11:30 a.m. For information regarding services offered call 653-7844.

Department of Veterans Affairs announced reduced Government Life Insurance loan interest rates. The reduction is the second in two years and has reduced rates to a low of seven percent.

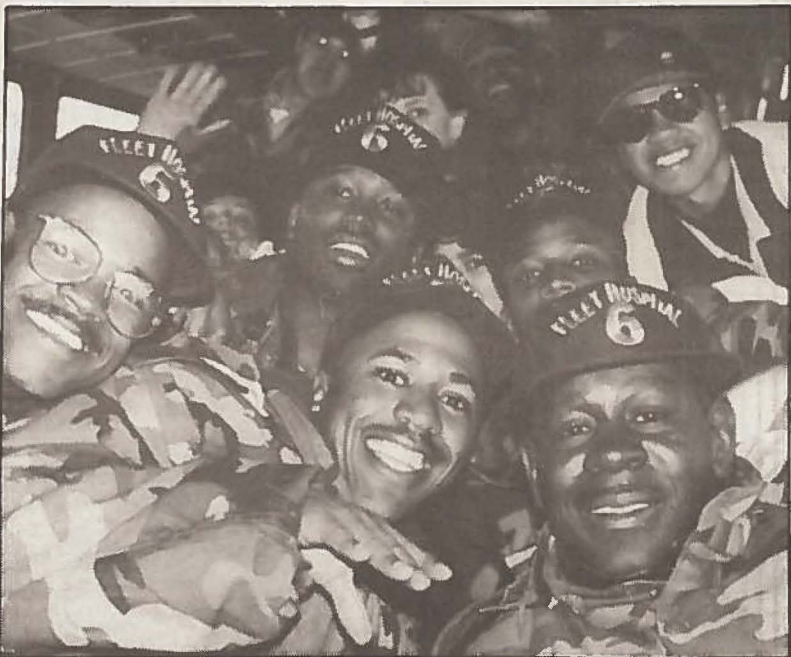
Interest charged on policy loans is returned to the life insurance reserve funds. Any excess reserves are automatically returned each year in the form of dividends to policy holders with participating policies.

For further information call 800-669-8477.

The American Foundation for AIDS Research announces it will award \$1 million in grants for studies on critical, unanswered questions in the disease causing properties of HIV.

please see Briefing, page 10

Medical staff return from field training



An enthusiastic Fleet Hospital Six group from Naval Medical Center San Diego demonstrates how close they've become aboard a bus transporting them to Camp Pendleton.



Training

Continued from page 1
have been preparing themselves for the six month deployment, most recently through intense field hospital training at Camp Pendleton.

"What I found most rewarding about the training was watching 400 individuals come together as a team," said the prospective commanding officer of the fleet hospital, Capt. James Johnson, currently the medical center's deputy commander. "It was challenging choosing who among our staff would actually be the deploying subset of Fleet Hospital Six, be-

cause we have so many capable staff."

Many on the staff said the experience was extremely valuable since the training was designed to prepare them for the real thing.

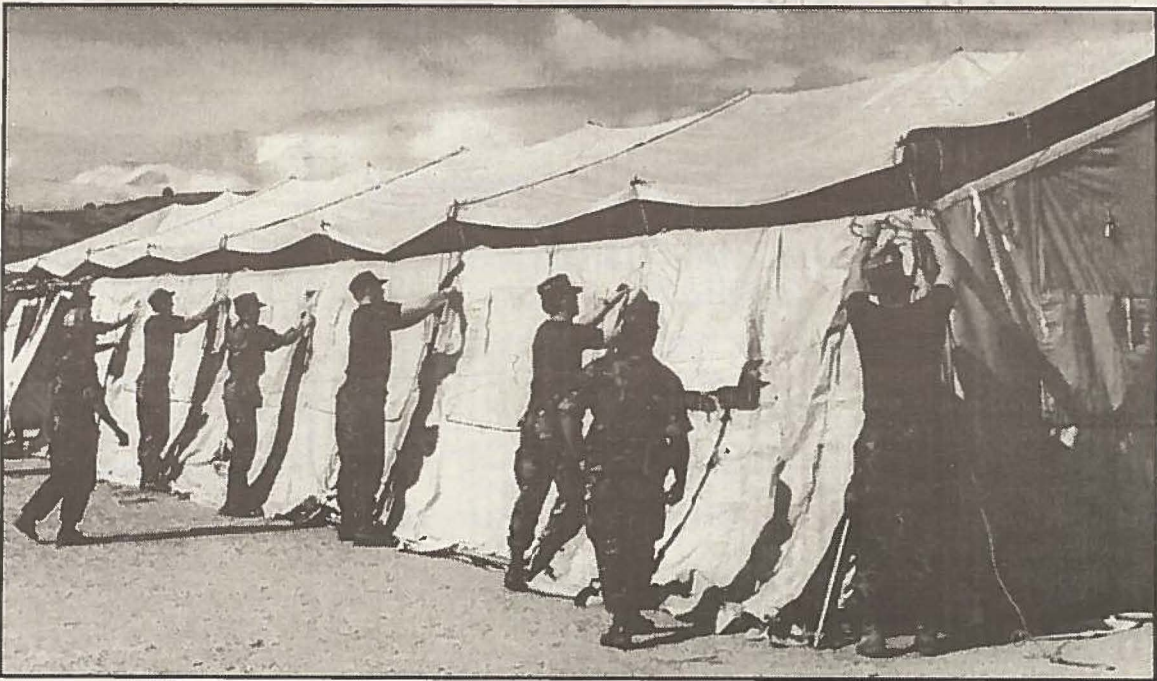
"It was a totally new experience for me," said Lt.j.g. Harold Burke from Environmental Preventive Medicine Unit 5. "But we weren't just building a tent hospital, we were building the teamwork we needed to do our jobs in Croatia."

HM1 Victor Mireles, an x-ray technician here, agreed.

"When we trained for Opera-



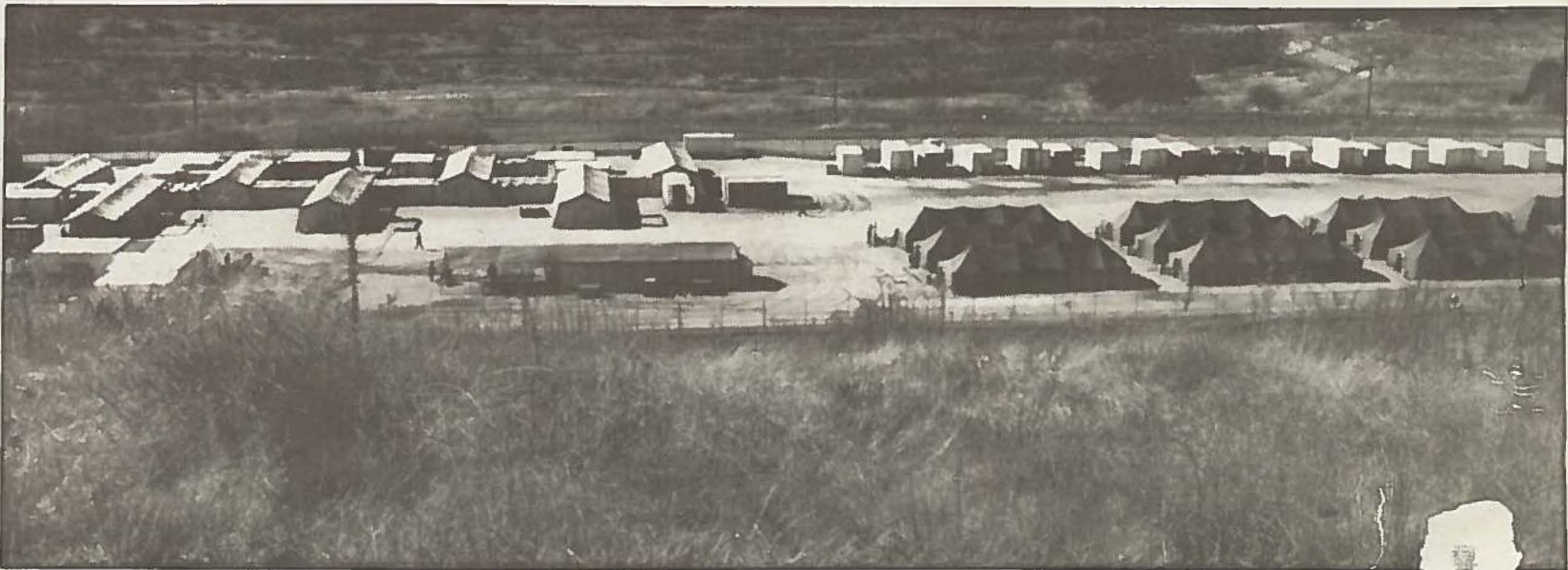
As the weather worsens at Camp Pendleton, Fleet Hospital Six the training day. Mother Nature cooperated by making field con



Team enables the staff to complete the fleet hospital in a little over six hours.



A rib is attached to a section of the



TAX TIPS

The Internal Revenue Service offers two publications for military members that outline which pays and allowances are and aren't taxable.

Military and special pays, dependency exemptions, deductions and other areas are handled in IRS Publication 3, *Tax Information for Military Personnel*. IRS Publication 945, *Tax Information for Those Affected by Operation Desert Storm*, discusses tax-free income, filing extensions and other tax aspects for those involved in the military operation.

What's taxable or not can be confusing with the many and varied types of pay military members receive, admitted IRS officials. For example, military retirement pay and lump-sum payments for separation from the service are taxable, but uniform allowances and money paid by the Department of Veterans Affairs are not.

Some generally taxable military pays include:

- Active duty pay;
- Reserve training pay;
- Military retirement pay based on length of service or age;
- Military academy pay;
- Re-enlistment bonuses;
- Lump-sum payments on separation from active duty; and
- Pay received by retired personnel who are serving as instructors in Junior ROTC programs.

Those generally not taxable include:

- Uniform allowances;
- Basic quarters allowance;
- Variable housing allowance;
- Family separation pay;
- Basic allowance for subsistence;
- Benefits under Servicemen's Group Life Insurance;
- Department of Veterans Affairs benefits;
- Moving or storage expenses provided in kind or reimbursement for actual expenses for permanent-change-of-station moves.

Check your installation or tax assistance office for copies of these two free publications or call IRS toll-free at 1-800-829-3676 or write to:

IRS
Forms Distribution Center
PO Box 25866
Richmond, VA 23289.
American Forces Information Service

ABOUT TOWN

Successful Money Management a three part presentation starting February 10 and going from 5:30 to 8:30 p.m. is being offered free at City College. This is not a seminar on budgeting or forced savings plans, but education to instruct people on how to get maximum return from your available money. Call for more information and reservations at 455-8276.

The San Diego United Service Organization, Inc. will host a very special Valentine's Dance Saturday, February 12 at 8 p.m. There will be a free drawing to win a complimentary romantic weekend at the La Jolla Cove Motel, overlooking the Pacific Ocean, so dress up and come to the San Diego USO's Enchanted Valentine's Dance. For additional information call 235-6503.

Scuba Classes start every other Tuesday and on weekends at the Naval Station 32nd Street, Naval Submarine Base, Naval Air Station North Island, and at the Naval Amphibious Base Coronado.

The next round of classes start February 15 at 5 p.m. Courses are two weeks, Tuesday, Wednesday, and Thursday evenings with five ocean dives at the end of the course. Weekend courses are also available at Naval Amphibious Base, Coronado and Naval Air Station, North Island.

For more information call Ralph Stogsdall, dive coordinator, at 424-6547.

The **Fourth Annual Black History Program** will be presented Wednesday, Feb. 16 at 10 a.m. in the Naval Station Base Theater. The musical performance will be performed by the San Diego School of Creative and Performing Arts. Keynote speaker will be Vice Adm. David Robinson, Commander, Naval Surface Force Pacific.

A support group for those who care for seriously ill loved ones at home will be held from noon until 1:30 p.m. Thursday, February 17, at the San Diego Hospice, 4311 Third Avenue in Hillcrest.

Participants will have the opportunity to discuss common concerns and problems, learn coping strategies and receive information on community resources which can assist you. For reservations or more information call 688-1600, ext. 497.

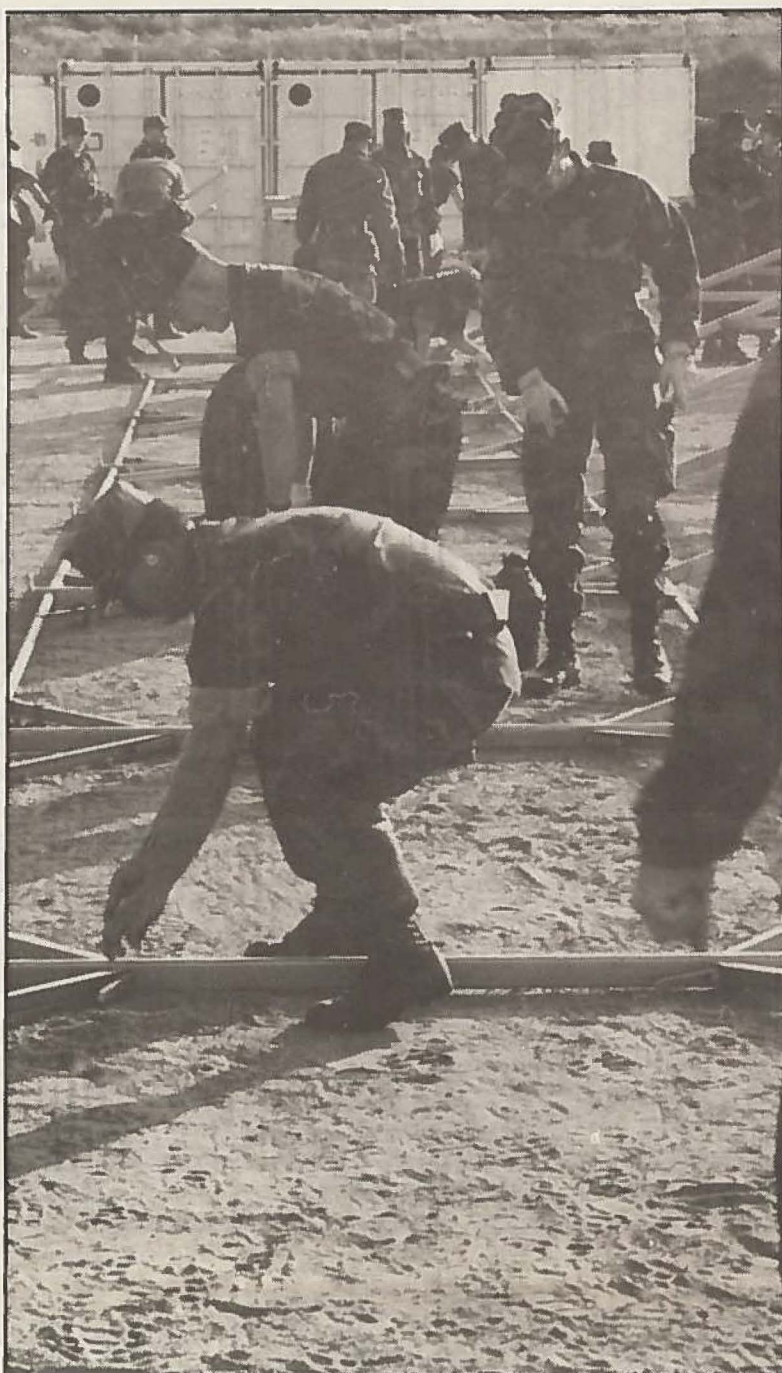
The **Black Heritage Club of San Diego** will present A Black Tie Banquet Friday Feb. 18 at 6 p.m. at the Admiral Kidd Club located on Naval Training Center. Tickets are \$20 per person. For additional information call 537-1878 or evening at 687-3484. *Please see About Town, page 9*

g exhilarated, weatherworn

ion Desert Storm, we put up a three section hospital in three hours. But there were no casualty drills. This time it was a more extensive operation, first building the fleet hospital and then holding casualty drill exercises. When we were done, we were a hospital. It didn't matter whether the walls were canvas or concrete."

Capt. Johnson used few words to describe his feelings for the team destined to be Fleet Hospital Six in Croatia, and their showing during training.

"None better," he declared.



Fleet Hospital Six staff begins the process of constructing the hospital and general purpose tents at Camp Pendleton.



After construction is complete, Fleet Hospital Six staff performs numerous casualty collection and treatment drills.



Photos by HM1 Ron "E" Wright

aff musters before beginning
ions extremely realistic.

et hospital tent structure.

VA Counselors answer your questions; discuss your concerns

Editor's Note: Following are representative questions answered daily by VA counselors. Full information is available at any VA office.

Q — The board of Veterans' Appeals recently denied my husband's claim for service-connected compensation from the Department of Veterans Affairs. We strongly disagree with this decision. Can we appeal it?

A — Yes. A decision of the Board of Veterans' Appeals may be appealed to the Court of Veterans Appeals. You must file a Notice of Appeal with the court within 120 days after the Board of Veterans' Appeals mailed you its final decision. This will start the final appeal process.

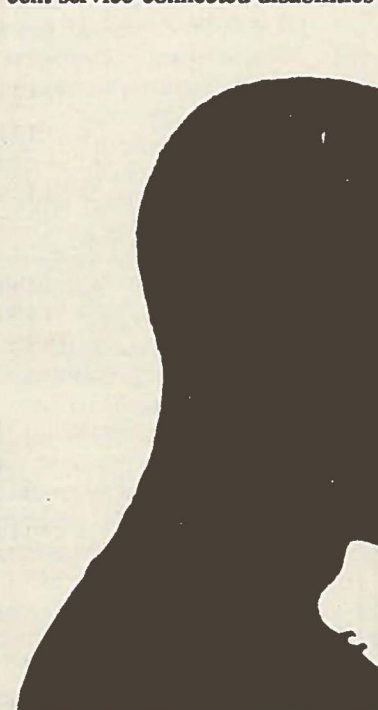
Q — What is the Court of Veterans Appeals?

A — A veteran may make an appeal of a decision by the Board of Veterans' Appeals to the seven-judge court, which is separate from VA. The court's responsibility is to review decisions made by the board and, if it deems necessary, order correcting action by VA. The court's one chief judge and six associate judges are appointed by the President and confirmed by the Senate. The court does not hold trials or receive new evidence. It reviews only the record which was considered by VA and was available to the Board of Veterans' Appeals. For more information about the court's rules

and procedures, contact the clerk's office at 625 Indiana Ave. NW, Suite 900, Washington, D.C. 20004, or call 1-800-869-8654.

Q — Are veterans with 10-percent service-connected disabilities

eligible for the Department of Veterans Affairs' Vocational Rehabilitation Program?



now eligible for the Department of Veterans Affairs' Vocational Rehabilitation Program?

A — Effective Oct. 1, 1993, veterans with a 10-percent disability rating may be entitled to a program of vocational rehabilitation if the Department of Veterans Affairs finds that you have a "se-

rious employment handicap" and you need rehabilitation services to prepare for, obtain, or retain suitable employment. Contact the VA regional office nearest you at 1-800-827-1000 to qualify or to

receive further information.

Q — I receive a VA pension. Can I qualify or be eligible for the VA's Vocational Rehabilitation Program?

A — Yes. Any veteran receiving a pension awarded between Jan. 30, 1985, and Dec. 31, 1995, can apply for a vocational rehabilitation evaluation. If an evaluation shows the veteran can achieve a vocational goal if provided the appropriate rehabilitation services, the VA will help develop a plan of services which lead to employ-

ment. There is no requirement that a pensioner participate in an evaluation or training and, if the veteran elects to enter a rehabilitation program, the pension benefit is protected until the veteran is employed.

Q — I am currently serving on active duty in the Army, but I will soon be discharged due to a reduction in force. Can I change my current education benefits entitlement under Chapter 32, the Veterans' Educational Assistance Program, to Chapter 30, the Montgomery GI Bill?

A — Yes. You should submit an Application for Education Benefits (VA Form 22-1990) re-

questing the change from Chapter 32 to Chapter 30. You also may due a refund for your contribution to VEAP and also should submit an Application for Refund of Educational Contributions (VA Form 22-1990). Call the Department of Veterans Affairs' Regional Office nearest you at 1-800-827-1000 get the forms and instructions where to submit them.

Q — Who is eligible for study-work benefits?

A — A student enrolled on three-quarter or full-time basis under Department of Veterans Affairs educational programs is eligible to apply for work-study under Department of Veterans Affairs education programs, including Chapter 30 (Montgomery GI Bill-Active Duty), Chapter 32 (Vocational Rehabilitation), Chapter 33 (Veterans' Education Assistance Program), Chapter 35 (Survivors' and Dependents' Educational Assistance) and Chapter 106 (Montgomery GI Bill-Selected Reserve).

Q — I heard on the news that the National Academy of Science said exposure to Agent Orange and other herbicides may cause conditions not previously recognized by the Department of Veterans Affairs for disability payments. What are those conditions?

A — VA already recognizes soft-tissue sarcoma, non-Hodgkins lymphoma and chloroma, and has been paying compensation to Vietnam veterans for these conditions. Based on the NAS study, VA Secretary Jesse Brown has announced Hodgkin's disease and prophyria cutanea tarda will be recognized by VA for disability payments based on Vietnam service and presumed exposure to Agent Orange and other herbicides. However, payments for those conditions cannot be made until final publication of regulations in the Federal Register. This will occur by the beginning of 1994.

Q — I believe I may have health problems related to being exposed to Agent Orange when I was in Vietnam. Can VA assist me in determining my current health status?

A — All VA medical centers provide a special examination to assist Vietnam veterans who were exposed to Agent Orange in determining their current health status. To date, more than 226,000 veterans have participated in the Agent Orange Registry examination program. In addition to the registry examination, you may be entitled to priority health care at a VA health-care facility for health conditions possible related to your service in Vietnam and exposure to Agent Orange. Contact your nearest VA medical center to schedule an examination.

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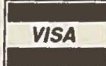
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About Town—

Continued from page 7

United Service Organizations, Inc. of San Diego will host the Amazing Hypnotist Desiree Friday, February 18. A spaghetti dinner will begin at 6:30 p.m. and the cost is only \$5. For additional information and reservations call 235-6503.

The San Diego County Orchid Society will host a special display of orchids in Balboa Park's Casa del Prado Feb. 19-20, noon to 4 p.m. free to the public. For additional information call 232-5762.

San Diego Safety Council 9th San Diego Mardi Gras 10K run or walk and 2 mile run or walk along with a costume competition will be held Sunday Feb. 27, 7:30 a.m. on the new Mission Bay Park course. For additional information call 236-0842 or 621-2313.

The Cystic Fibrosis Foundation's three-day rummage sale will begin Friday, March 4 from 8 a.m. to 5 p.m. on Saturday, March 5 from 8 a.m. to 4 p.m. and ending Sunday March, 6 from 8 a.m. to 2 p.m. at the VASA Hall at 3094 El Cajon Boulevard.

There will be clothes, furniture along with food, beverages, raffles and prizes available to shoppers. For additional information call 696-8630 or 234-5880.

San Diego Hospice will present "The Power to Heal Ancient Arts and Modern Medicine," a multi-cultural photography exhibition celebrating the art of healing, from March 13 to April 1 from 5 to 8 p.m. Monday through Friday and noon to 8 p.m. on Saturday and Sunday.

Please see About Town, page 10

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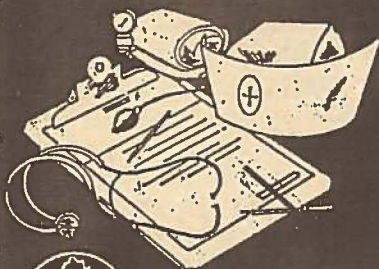
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Briefing

Continued from page 6

The goal of this targeted grant program is to understand three specific ways in which the human immune defense system fails to respond appropriately to infection with HIV and how to overcome these crucial deficiencies.

Researchers interested in learning more may call for American Foundation for AIDS Research at (213) 857-5900.

About Town

Continued from page 9

For additional information or for an exhibition brochure with a complete listing of the seminars, call 688-1500, ext. 462.

The San Diego County Orchid Society will present its 48th Annual Orchid Show and Plant Sale, March 18-20 at the Scottish Rite Memorial Center in Mission Valley.

The three-day event, comprised of competitions, classes and numerous orchid displays, will showcase a variety of the more than 25,000 different kinds of orchids found throughout the world.

For more information on times or tickets call 232-5762.

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"Man must evolve for all human conflict a method which rejects revenge, aggression and retaliation."
—Martin Luther King Jr.,
U.S. civil rights activist

"Rioting is not revolutionary but reactionary because it invites defeat. It involves an emotional catharsis, but it must be followed by a sense of futility."
—Martin Luther King Jr.,
U.S. civil rights activist

"Man is man because he is free to operate within the framework of his destiny."
—Martin Luther King Jr.,
U.S. civil rights activist

"Property is intended to serve life, and no matter how much we surround it with rights and respect, it has no personal being. It is part of the earth man walks on; it is not man."
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CLASSIFIEDS

120 Real Estate for Sale

Excellent investment opportunity, 2BR mountain cottage, totally remodeled, central AC/hot, new stucco + fireplace, 1 hr from San Diego, \$77,500 by appointment; 479-6868.

Lemon Grove, spacious 4BR/3BA, 2-story, 1881 sq.ft., pool, new jacuzzi, 2-car garage, high vaulted ceilings, fireplace, quiet cul-de-sac, \$167K; Bill 222-6965. D.

Only 7 min. from hospital! Fabulous Bay Ho-Villa Marina area, 2-story, offered at \$229,000, back yard, air cond., new carpet, new paint, roof; 459-3851, 454-7013. D.

Ranch in Jamul, 2 acres, 3BR/2BA, horse stalls, chicken coops, beautiful views, \$235K, by owner; Larry 462-2315. D.

125 Condominiums

2BR/2BA in Fashion Valley, move-in condition, easy access Rt. 5, 8 & 163, VA approved, transferring need to sell fast, will negotiate, \$112,500; Pat 298-3367. D.

2BR/2BA in Fashion Valley, move-in condition, easy access Rt. 5, 8 & 163, VA approved, transferring need to sell fast, will negotiate, \$111,800; Pat 298-3367. D.

200 Condos for Rent

Quiet, secluded 1BR w/oversized garage, located 5 mins. from NavHosp; 584-2883. D.

210 Apts. Unfurnished

Coronado Rental - Cute 1BR/1BA, granny flat, private yard, \$700/mo. utils. included, easy dry to Balboa (5 mi.), secure location; 435-8785. D.

North Park, \$440, studio, utils pd, 4048 1/2 Ohio Street, full kitchen, indry, gdner, near all, nonsmoker; 295-2141, 465-8122. D.

220 Houses Unfurnished

1BR, SESD, 437 Denby St., \$400/mo., \$200 deposit; 263-9527 after 5:30 p.m. D.

3BR/1 1/2 BA, nice den, huge fireplace, nice San Carlos neighborhood, near Lake Murray, \$1050/mo.; Larry 462-2315. D.

Bankers Hill, near Balboa Park, 4BR/2 1/2 BA, remodeled kitchen, garage, low maint. yd, 3500 sq.ft., \$1800/mo. lease; 483-4851 eves. D.

235 Vacation Rentals

Ski Vail, Keystone, Breckenridge, A-Basin. Fully equipped condo, sleeps 10, fireplace, phone, etc., bus to lift, \$425-\$800/wk; (404) 471-2019 lv msg.

245 Rooms for Rent

Room for rent, share 3BR condo, nonsmoker, private BR, kitchen privileges, South SDiego, Hwy 5 & 805 close, \$300/mo.; 428-8151. D.

Roommate wanted to share 2BR/2BA condo, security, pool, jacuzzi, opt furn/unfurn., \$495/mo. + utils.; Rich 560-8183.

303 Furniture Appliance*

Bonnair personal portable room, AC w/window kit, high-tech, black, many features, cost \$350 sell \$200. Terms ok summer is coming. 283-4213. H.

Countertop, almost new, stove, elect., used 6 months, best offer; 435-6736.

Sofa \$75; loveseat \$100 OBO; twin sz, captain bed w/3 lg, drawers, no mattress \$100; 527-2641. D.

305 Jewelry - Clothing

Shortimer Navy Lt. clearing out whites, khakis, blues, full/mess dress, bridge coat and more; sizes 32-36" waist, 40-44" chest; Mike 571-5873. H.

310 Antiques - Art

Civil War era framed pictures of ships, generals, battles, weapons. Various sizes, \$6-\$80, call for info; 286-7099, 222-2868.

315 Sporting Goods

Callaway 52H2 irons, 3 thru PW plus Taylor-made SW, great cond., \$225; 281-8301.

Golf clubs, PING EYE 2, Red Dot irons. Ping ZZ Lite Shafts, 3 thru sand wedge \$340. 695-1656 after 5 p.m. D.

SCUBA equip: Oailsis II regulator, source dive computer and gauges and octopus. Sherwood B.C., great shape; 424-8211.

Stair stepper \$50; 435-1165.

325 Misc. for Sale*

12V compressor \$8. Ladies snow boots, sheepskin lined, size 10, \$40. Elec. office heater \$10. Elec. window fan \$15; 423-2485.

CD player, Sony, audio-digital player, xint cond., \$70; 437-1786 x 1403.

Firewood delivered, split, best prices in the county; John 296-6774. D.

Kerosene heater \$20; lawn edger, gas, \$75; push hand lawnmower \$20; foot massager Clairol \$18; 25" color TV console, nice, \$100 OBO; 423-2485.

Moving Sale: washer and dryer, Macintosh plus w/printer, surfboard, patio furniture; Lt. Casper 437-1786 rm 1312 lv msg.

625 Travel*

Airline tickets to Reno, Nev., nonstop, President's holiday weekend, leave SD 2/18, return 2/21, 5 tickets avail., \$128 ea.; Pat 566-9471, 537-6836. D.

715 Auto Parts & Service

Chev 327 ci bored .30 over; asking \$250; 593-6859 after 5 p.m.

One year old Crager 15 in. tire rims, \$200 for a set of 4; Rob or Kris 283-1504. H.

Set of 4, Crager rims, 15 inch, used only 6 mos., \$200 for all 4; 283-1504 lv msg. D.

740 Autos for Sale

1967 VW bug, runs xint, new engine, many new parts, \$4000 invested asking only \$1600; 1-800-407-1927 pager, lv msg. D.

1988 Chevy Corsica, 2.6L, V6, 5-spd, PS, PB, PL, PW, tilt, cruise, tint, new tires, stereo, runs great, \$3000; 484-5144 eves.

1988 Mazda RX-7 convertible, only 63K miles, meticulously maintained, power everything including factory alarm, pristine, all records, rotary smooth, \$11,995; 472-5502. D.

1990 Honda Accord LX, auto, brown, PW, PM, PD, locks, very good running cond., 53,500 miles, \$13,000; 689-0819. D.

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200 Condos for Rent

IB-New 2Br/2Ba twnhse on wildlife sanctuary. Spectacular views, lg patio, blk to beach, frplc. Totally unique, \$795/mo, Scott 747-8468

IB-New 3Br/2 1/2 Ba 2 story house, gar, fpic, w/d, \$995, * New 2Br/2 1/2 Ba, Ocean vu condo. 2 mo rent free, Pet OK, \$850, 423-3023

IB-New 3Br/2 1/2 Ba 2 story house, gar, fpic, w/d, \$995, * New 2Br/2 1/2 Ba, Ocean vu condo. 2 mo rent free, Pet OK, \$850, 423-3023

200 Condos for Rent

CV-\$1100, 3Br/2 1/2 Ba, pool, gar, frplc, Agent. 585-1831

CV-\$750, 3Br/1 1/2 Ba, Condo, no pets. Agent. Carrie. 425-1130/585-1831

CV-3Br/1 1/2 Ba, new carpet, stv, blnds, clean & quiet area, \$800, 427-4789

IB-\$725, 2Br/1 1/2 Ba, steps to bch, view, ask about xtras, Bill 575-1674

IB-Beach Condo, 2Br+loft, 1300 sqft, 2 car gar, \$850. 737 Seacoast Dr. 442-6523

OB-\$1050, 3Br/2 1/2 Ba, near bch, fpic, w/d, Avail 2/11, 223-1621/224-5079

Pacific Beach 2Br/2Ba Condo. 1 parkng in gar. Avail 2/1 \$1150. 539-7220

Sp Vily-2Br/2Ba Ashford Park. Gated complex, pool/spa. 1 yr new. Lease \$850. Trident Pacific 435-9442

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205 Apts. Furnished

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SoPark-Lg 1Br, \$140/wk or \$540/mo, very clean, quiet local, fpic, free Indry 236-8960

210 Apts. Unfurnished

\$300 off 1st mo! Beaut 2yrs new, sec gar, off Strand in IB. 2Br, 1Ba, all appl, w/d hu. \$695 & up 575-0738

\$650, 1Br, Quiet, landscaped, 1 yr lease. 291-3951

1Br apt unfurn, prime area, \$695/mo w/gar, sm pet OK. 364-3281 or 818-336-6959

CV-\$515 Lg 1Br, free cable, balcony, park like pool, secure, quiet 691-1490

CV-From \$595, 2Br/2Ba \$300 OFF 1ST MONTH
Quiet secluded location, private patio, balcony, laundry facilities, off St parking, close to freeway & trolley, new carpets, floor tile 671 Sea Vale St. 691-8387

210 Apts. Unfurnished

Del Cerro \$675 & up. Move-in bonus Lg 2Br. Pool, patio. Pet neg 5757 College, 286-1777

Downtown-\$415 incl util & basic cable. Quiet clean Studio. Control entry. 550 W Grape 238-6191

IB-2Br/2Ba Townhouse, sec prkg, 1 blk to bch, \$845, Avail NOW, 294-8679

IB Duplex-2Br/1Ba, private Indry, new crpt, paint, verticle, fncd yd, Mil ok, 479-7777

La Mesa-\$560 Gets You In, 2Br, cable, freeway close. Realty World Pro Consultant-Barb, 548-1289

Lg 2Br, upstairs, carpet, Indry, \$750. Avail 2/7, 435-5716

N.C.2br/1ba \$500 up. Move in spec. Pool, ldry rm. Near shop cntr, bus 477-6818

NC/KENSINGTON, 1-3 Br, Move-in discount \$425 move in. 474-3118

Point Loma-\$610-\$780, Lg quiet 1 & 2Br. Pool, spa, patio, rec rm, xercise rm, cntrl entry, undergrnd parking. 3950 Leland 223-1390

210 Apts. Unfurnished

El Cajon-\$485-\$525. Quiet clean 1Br. pool, patio, cov prkng, near freeway. 1475 Graves, 588-0224

Hillcrest-\$550 & up. Quiet newer 1 Br. Controlled entry. Pet on approval. 4022 Albatross, 295-7333

IB-\$415-\$515, 1&2Br, 2nd mth rent free! 1 blk bch, frig, drps, stv, 429-3823

IB-\$565, 2Br near beach, stv, refrig, cpts, drps, Indry, off street prkg, 266 Daisy. Call 438-1658

Santee-\$495, Clean new redecorated 2Br. D/W. Near freeway. Pet on approval. 8832 Olive Ln, 448-5758

Sunny 2Br, new carpet/paint, gar avail, Indry, \$565, 809 9th St. IB 435-2362/429-9729

220 Houses Unfurnished

IB-\$895, Nice 3Br/1 1/2 Ba, fncd, gar, patio, \$200 off move-in, 429-6439

IB-5Br/3 tiled Ba, \$1350, custom kit, lg fncd yd, gardener, fpic, deck, lg Indry, 423-8959/757-4890

220 Houses Unfurnished

Imperial Beach, \$790 3Br/1Ba, nice area nr bch, Indry, fpic, gar, Avail 2/15. Call 575-9541

No Park-3715 Arizona St. 2Br/1Ba, \$775, incl util, 1 car gar on alley+ front driveway, hwd flrs, fpic, 792-5667

Rancho SD-3Br/2 1/2 Ba, 2 fpic, 1850 sqft, 15 min to dwn twm, quiet, cln, 2cr gar, grt schls, \$1100, avail 2/94, w/d & refrig neg, 660-0441

Scripps Ranch-3Br/2Ba, Lg pvt yd on South side Ave Magnifica, \$1275. Trident Pacific 435-9442

★\$550, 1Br, all util paid. New kit & appl. New paint & drapes. Large walk-in closet. Off street parking. ★\$800, 3Br/2Ba. Carpet & drapes through out. Large yard Gardener, water & trash paid. Tex Warren Realty, 429-7333

Bonita 3Br/3Br townhome, over 1800 sq ft, gar, pool/spa. Lease \$1350. Trident Pacific 435-9442

Sp Vily-Twnhs 2Br/2Ba 2car gar, w/d, alarm syst, pool, \$700, 284-6783

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220 Houses Unfurnished

Scripts Ranch-6 mo. start Mar. fully furn exquisite, on lake, security, full amen. Call 271-4365

SoBa. Nice 4Br Town-home, pool, spa, nice area near So Bay freeway, \$900. Avail 2/1. Call 679-7556

SoSD 4Br/2Ba, \$1000+\$700 dep, new remodeled, 4 car pkg, patio, 429-4016

Spring Valley-\$800, 3Br/2Ba. gar No pets. Agent Ellie, 421-0403

★**DUPLEXES**, \$550, 1Br with gar. Carpet & draped through out. Lg yd. Gardener, water & trash paid. ★\$750. 3Br/2Ba, carpet & drapes, fireplace, fenced yd, sprinkler system, garage w/laundry hook-up. Tex Warren Realty 429-7333

225 Rentals to Share*

Coronado-Share 3Br/2Ba house, \$350 incl gas & elec. Richard or Tom 435-5816

235 Vacation Rentals

Ski Tahoe. 3Br/2Ba condo, Lake Tahoe, amens, Neg. rates, Jeff 272-7011

303 Furniture Appliance*

Daybed, white & brass complete w/trundle & mattresses, never used, boxed, cost \$850. Must sell, \$250-cash. 744-1372

Kingsize Brass Bed. Complete w/firm orthopedic mattress, never used, boxed, cost \$1000. Must sell \$350-cash, 744-1372

Queen Brass Bed, complete w/firm orthopedic mattress, set never used, still boxed, cost \$850. Must sell \$250-cash. 744-1372

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325 Misc. for Sale*

Moving off the map sacrifice sale. Cheap prices, best offer. Bunkbeds dresser, desk, living rm set, wall unit, 437-1048

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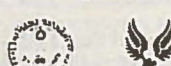
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